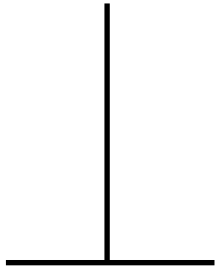
BASSAI DAI 1/3 (approx. 60 seconds)

BASSAI DAI (STORMING THE CASTLE) CONSISTS OF 42 MOVES. ITS PERFORMANCE LINE IS A REVERSE T

EMBUSEN



YOI

MOVE LEFT FOOT TO CENTRE, THEN RIGHT FOOT- TOES TOUCHING.

WRAP LEFT HAND AROUND RIGHT FIST

ATTENTION STANCE



HEISOKU DACHI

1



RIGHT MIDDLE LEVEL BLOCK
LEFT PALM AT RIGHT WRIST
½ STEP JUMP TO FRONT
LEFT FOOT BEHIND RIGHT HEEL

CROSS LEG STANCE

MIGI CHUDAN UCHI UKE
HIDARI SHO MIGI TEKUBI
YOKO NI SOERU



MIGI ASHAE MAE
KOSA DACHI

2

PIVOT ON RIGHT FOOT
INTO LEFT FRONT STANCE
LEFT INSIDE BLOCK

LEFT FRONT STANCE

HIDARI CHUDAN
UCHI UKE



HIDARI
ZENKUTSU DACHI

3



RIGHT
INSIDE
BLOCK

LEFT FRONT
STANCE

MIGI CHUDAN
UCHI UKE



HIDARI
ZENKUTSU DACHI

4

PIVOT CLOCKWISE
ON LEFT FOOT.
LEFT OUTSIDE
BLOCK

RIGHT FRONT
STANCE

HIDARI CHUDAN
SOTO UKE



MIGI ZENKUTSU
DACHI

5

RIGHT INSIDE
BLOCK

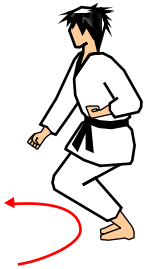
RIGHT FRONT
STANCE

MIGI CHUDAN
UCHI UKE



MIGI ZENKUTSU
DACHI

6



RIGHT OUTSIDE
BLOCK

RIGHT FRONT STANCE

MIGI CHUDAN
SOTO UKE





MIGI
ZENKUTSU DACHI

7



LEFT INSIDE
BLOCK.
ROTATE HIPS
TO RIGHT

RIGHT FRONT
STANCE

HIDARI CHUDAN
UCHI UKE
GYAKU HANMI



MIGI
ZENKUTSU DACHI

8

CUP AND SAUCER
TO RIGHT
KNEES STRAIGHT

READY STANCE

RYO KEN
MIGI KOSHI
KAMAE



HACHINOJI
DACHI

9

LEFT VERTICAL
SWORD HAND
BLOCK

READY STANCE

HIDARI TATE
SHUTO CHUDAN
UCHI UKE



HACHINOJI
DACHI

10

RIGHT
STRAIGHT
PUNCH

READY STANCE

MIGI KEN
CHUDAN
CHOKU ZUKI



HACHINOJI
DACHI

11

RIGHT INSIDE BLOCK.
ROTATE HIPS TO LEFT
PIVOT FEET TO LEFT

LEFT BENT KNEE





MIGI CHUDAN UCHI UKE



HIDARI
HIZAKUTSU

12



LEFT
STRAIGHT
PUNCH

READY STANCE

HIDARI KEN CHUDAN
CHOKU ZUKI



HACHINOJI
DACHI

13

LEFT INSIDE BLOCK.
ROTATE HIPS TO RIGHT
PIVOT FEET TO RIGHT

RIGHT BENT KNEE





HIDARI CHUDAN
UCHI UKE



MIGI HIZAKUTSU

14

RIGHT SWORD
HAND BLOCK
PIVOT ON LEFT LEG

LEFT BACK STANCE

MIGI SHUTO
CHUDAN UKE



HIDARI
KOKUTSU DACHI

15

LEFT SWORD
HAND BLOCK.
SLIDE LEFT
FOOT FORWARD

RIGHT BACK
STANCE

HIDARI SHUTO
CHUDAN UKE



MIGI
KOKUTSU DACHI

16

RIGHT SWORD
HAND BLOCK.
SLIDE RIGHT
FOOT FORWARD

LEFT BACK
STANCE

MIGI SHUTO
CHUDAN UKE



HIDARI
KOKUTSU DACHI

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BASSAI DAI 2/3

17



LEFT SWORD HAND BLOCK.
SLIDE RIGHT FOOT BACK
RIGHT BACK STANCE

HIDARI SHUTO CHUDAN UKE



MIGI KOKUTSU DACHI

18

GRASPING BLOCK WITH BOTH HANDS.
RIGHT HAND ARC TO FRONT FROM UNDER LEFT ELBOW

LEFT NARROW FRONT STANCE

RYO SHO TSUKAMI UKE



HIDARI ZENKUTSU

19



GRASPING-PULLING WITH BOTH PALMS
LOWER LEVEL THRUST KICK WITH RIGHT SWORD FOOT
BOTH PALMS DOWNWARD
LEFT FOOT STANCE

KIAI!

RYO SHO TSUKAMIYOSE
MIGI SOKUTO GEDAN KEKOMI



HIDARI ASHI DACHI

20



LEFT SWORD HAND BLOCK
RIGHT BACK STANCE

HIDARI SHUTO CHUDAN UKE



MIGI KOKUTSU DACHI

21



RIGHT SWORD HAND BLOCK.
RIGHT FOOT FORWARD ONE STEP

LEFT BACK STANCE

MIGI SHUTO CHUDAN UKE



HIDARI KOKUTSU DACHI

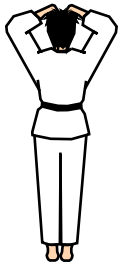
22

UPPER BLOCK WITH BOTH HANDS

BRING RIGHT FOOT BACK AT SAME TIME

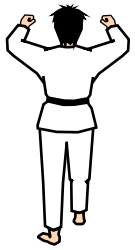
ATTENTION STANCE

MOROTE JODAN UKE



HEISOKU DACHI

23



MIDDLE LEVEL SCISSOR STRIKE WITH BOTH HAMMER FISTS

SLIDE RIGHT FOOT FORWARD

RIGHT FRONT STANCE

RYO KENTSUI CHUDAN HASAMI UCHI





SIDE VIEW

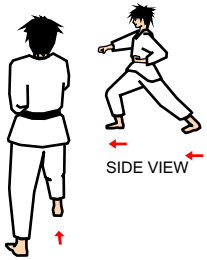
MIGI ZENKUTSU DACHI

24



RIGHT MIDDLE LEVEL PUNCH.
SLIDE FEET FORWARD
RIGHT FRONT STANCE

MIGI KEN CHUDAN ZUKI
SONO MAMA YORI ASHI



MIGI ZENKUTSU DACHI

25a

RIGHT SWORD HAND LOWER STRIKE
UPPER SWEEPING BLOCK.
LEFT HAND TO RIGHT SHOULDER

LEFT NARROW FRONT STANCE

MIGI SHUTO GEDAN UCHI KOMI
HIDARI SHO MIGI KATA UE NAGASHI UKE



HIDARI ZENKUTSU

25b

UPPER INSIDE BLOCK TO RIGHT WITH RIGHT FIST
LEFT DOWNWARD BLOCK.
FACE FRONT
FEET TOGETHER

ATTENTION STANCE

MIGI JODAN UCHI UKE
HIDARI GEDAN UKE



HEISOKU DACHI

26



RIGHT DOWNWARD BLOCK
PIVOT ON LEFT LEG
STRADDLE STANCE

MIGI KEN
MIGI SOKUMEN GEDAN UKE



KIBA DACHI

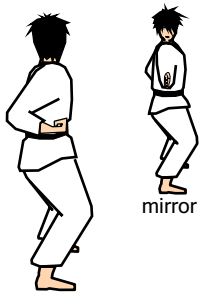
27



CROSS ARMS TO FRONT MIDDLE HOOKING BLOCK TO LEFT
STRADDLE STANCE

CHUDAN KAKE UKE





KIBA DACHI

28 a

RIGHT CRESCENT KICK
LEFT FOOT STANCE

MIGI MIKAZUKI GERI



HIDARI ASHI DACHI

28 b

RIGHT ELBOW STRIKE TO FRONT

STRADDLE STANCE

MIGI EMPI
CHUDAN MAE UCHI



KIBA DACHI

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BASSAI DAI 3/3

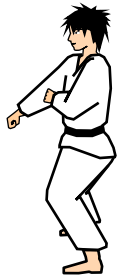


29

RIGHT DOWNWARD BLOCK
LEFT ARM READY TO FRONT

STRADDLE STANCE

MIGI GEDAN BARAI
HIDARI UDE
MUNE MAE KAMAE



KIBA DACHI

30

LEFT DOWNWARD BLOCK
RIGHT ARM READY TO FRONT

STRADDLE STANCE

HIDARI GEDAN BARAI
MIGI UDE
MUNE MAE KAMAE



KIBA DACHI

31

RIGHT DOWNWARD BLOCK
LEFT ARM READY TO FRONT

STRADDLE STANCE

MIGI GEDAN BARAI
HIDARI UDE
MUNE MAE KAMAE



KIBA DACHI

32

LEFT CUP AND SAUCER

RIGHT NARROW FRONT STANCE

RYO KEN
HIDARI KOSHI
KAMAE



MIGI ZENKUTSU

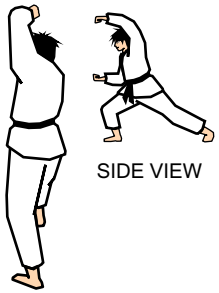


33

WIDE U PUNCH
LEFT FIST UPPER LEVEL
RIGHT FIST CLOSE LOWER LEVEL

RIGHT NARROW FRONT STANCE

YAMA ZUKI



SIDE VIEW

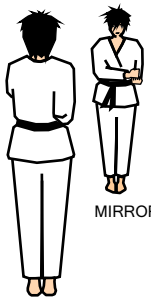
MIGI ZENKUTSU

34

RIGHT SIDE CUP AND SAUCER

ATTENTION STANCE

RYO KEN
MIGI KOSHI
KAMAE



MIRROR

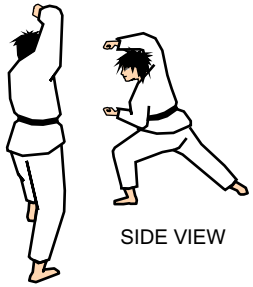
HEISOKU DACHI

35

WIDE U PUNCH
RIGHT FIST UPPER LEVEL
LEFT FIST CLOSE LOWER LEVEL

LEFT NARROW FRONT STANCE

YAMA ZUKI



SIDE VIEW

HIDARI ZENKUTSU

36

LEFT CUP AND SAUCER

ATTENTION STANCE

RYO KEN
HIDARI KOSHI
KAMAE



MIRROR

HEISOKU DACHI



37





SIDE VIEW

WIDE U PUNCH
LEFT FIST UPPER LEVEL
RIGHT FIST CLOSE LOWER LEVEL

RIGHT NARROW FRONT STANCE

YAMA ZUKI





SIDE VIEW

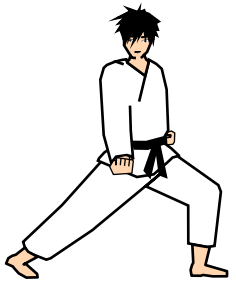
MIGI ZENKUTSU

38

RIGHT DOWNWARD SWEEPING BLOCK
PIVOT ON RIGHT LEG

LEFT BENT KNEE

MIGI GEDAN SUKUI UKE



HIDARI HIZAKUTSU

39

LEFT DOWNWARD SWEEPING BLOCK.
ROTATE HIPS TO RIGHT

RIGHT BENT KNEE

HIDARI GEDAN SUKUI UKE



MIGI HIZAKUTSU



40

RIGHT SWORD HAND BLOCK.

BRING LEFT FOOT IN. STEP DIAGONALLY WITH RIGHT

LEFT BACK STANCE

MIGI SHUTO CHUDAN UKE



HIDARI KOKUTSU DACHI

41

MAINTAIN UPPER BODY POSITION, PIVOT ON LEFT LEG. TURN RIGHT HAND. TURN HEAD DIAGONALLY LEFT

LEFT BACK STANCE

MIGI SHUTO CHUDAN UKE



HIDARI KOKUTSU DACHI

42

LEFT SWORD HAND BLOCK.

BRING LEFT FOOT ½ STEP IN.

RIGHT BACK STANCE

HIDARI SHUTO CHUDAN UKE

KIAI



MIGI KOKUTSU DACHI

BRING LEFT FOOT BACK TO RETURN TO

YOI

ATTENTION STANCE



HEISOKU DACHI

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